

# *L. reuteri* Yogurt

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8 - 1/2 cup servings

## INGREDIENTS

- Glass or ceramic bowl(s) large enough to hold at least one quart of liquid, properly sanitized.
- Some method of maintaining 100 F, yogurt maker or crock pot.
- 1 liter of Organic Half-and-Half
- 2 T Organic Inulin
- ¼ tsp *L. reuteri* Culture

## DIRECTIONS

1. In a large glass or stainless-steel bowl, pour in 2-3 Tbsp Half-and-Half.
2. Add inulin slowly and stir constantly – mixing well, adding more Half-and-Half as needed.
3. Once inulin is dissolved, pour in the rest of the Half-and-Half.
4. Add *L. Reuteri* Culture and mix well.
5. Pour into the container(s) that you plan to make yogurt in.
6. Culture at 97-100 degrees for 36 hours.
7. Once 36 hours have been reached, dry the container(s) and place in the refrigerator.
8. Ready to enjoy once preferred temperature.
9. Sweeten with honey or stevia and serve with fresh fruit or granola.

Helpful Hint: Pour the Half-and-Half into a blender. Turn on the lowest setting. Slowly add inulin, tapping the measuring spoon gently on the top of the blender canister. Then add the *L. reuteri* culture the same way (six seconds). Then pour the mixture into the canister it is going to culture in. Finish following 5-8 of the instructions above.



*Lactobacillus reuteri*, often shortened to *L. reuteri*, is a type of beneficial bacteria that naturally resides within the human body. As a probiotic, it contributes to the complex community of microorganisms that support various bodily functions. This bacterium has gained increasing recognition for its potential to promote overall health and well-being. The majority of benefits are a result of *L. reuteri*'s ability to provoke hypothalamic release of oxytocin, a hormone that is proving to be the key to substantial age-reversal and health effects. This includes:

- Smoothing of skin wrinkles due to an explosion of dermal collagen
- Accelerated healing, cutting healing time in almost half
- Reduced appetite, the so-called “anorexigenic” effect—food still tastes good, but you are almost completely indifferent to temptation
- Increased testosterone in men
- Increased libido
- Preservation of bone density—Obtaining *L. reuteri* is one of the most important steps you can take to prevent osteoporosis
- Deeper sleep—though this benefit is enjoyed by less than 20% of people
- Increased empathy and desire for connectedness with other people
- Probiotic effects that may include prevention of small intestinal bacterial overgrowth, SIBO.

In terms of broader digestive well-being, *L. reuteri* promotes a balanced gut microbiome, which is foundational for efficient digestion and nutrient absorption. It may help alleviate symptoms of irritable bowel syndrome (IBS), with individuals often experiencing reduced bloating and abdominal discomfort. The bacterium also aids in combating harmful pathogens that can disrupt digestive health and has been explored as an adjuvant strategy for *Helicobacter pylori* infections, potentially reducing side effects from standard drug therapies.

Beyond the gut, *L. reuteri* supports the immune system by fostering a healthy balance of gut bacteria, which in turn strengthens the body's defenses. A robust gut barrier, enhanced by probiotics like *L. reuteri*, reduces the risk of infections and inflammation. Research suggests its effectiveness in reducing the frequency and severity of respiratory infections, especially in children.

*L. reuteri* also benefits oral health, thriving in the mouth. By maintaining a healthy balance of oral bacteria, it contributes to overall oral hygiene and reduces the risk of common dental issues. It also influences the gut-skin axis, suggesting a role in managing conditions like eczema and acne by minimizing inflammation.

How *L. reuteri* benefits oral health:

- *L. reuteri* can significantly decrease *Streptococcus mutans* levels, the primary bacteria responsible for tooth decay, say Aurora Dental Group and National Institute of Health.
- Studies show that *L. reuteri* can help reduce gingivitis and decrease the number of periodontal pathogens, such as *Porphyromonas gingivatis*, in the mouth.
- It can help inhibit plaque formation and has anti-inflammatory effects that can lead to improved periodontal health.
- It helps to reduce harmful bacteria while increasing beneficial bacteria in the mouth.
- Some studies suggest that the positive effects can last for at least 21 days after consumption, although the effect duration can vary.

It is important to choose reputable brands that specify the strain of *L. reuteri*, as different strains can have varying effects. Be sure to do your research.

